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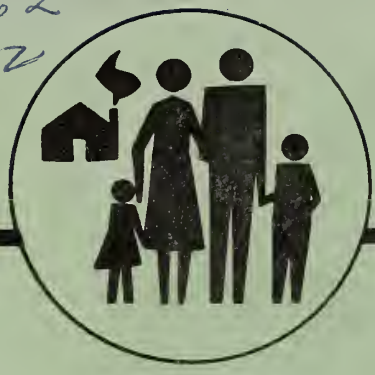
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CURRENT SERIAL RECORDS



VEGETABLES and FRUITS FOR VITAMIN A

a good choice for the thrifty family

These Vitamin A
Foods are almost
always Good Buys



Fresh Collards,
Kale, Turnip
and other greens



SPINACH



FROZEN
MUSTARD GREENS

DARK GREENS



Carrots



Sweetpotatoes



PUMPKIN

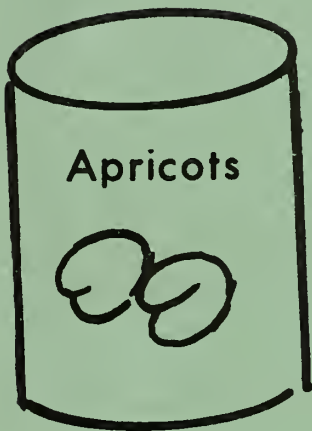
DEEP YELLOWS

EAT ONE OR MORE VITAMIN A
FOODS EVERY OTHER DAY



Some Vitamin A foods are Good
Buys at certain times of the year

Buy These Foods
When They are
Low in Cost



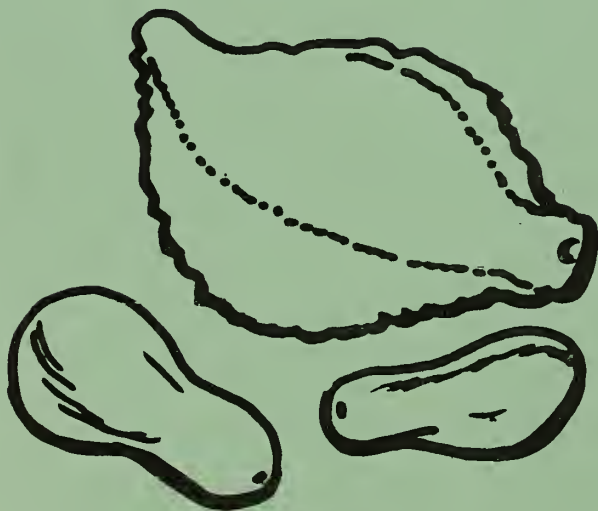
Apricots



Cantaloup



Red Peppers



Hubbard and
Butternut Squash



FRESH

Broccoli